



## LOWER YOUR UTILITY BILLS THIS WINTER

### Heating:

- ❖ Set thermostats as low as comfortably possible during the day when people are home. Some people turn their thermostats down to 60° or 55° at night.
- ❖ If your building is heated with a central boiler, close the radiator valves in the rooms that are too warm. The building manager may also be able to adjust the boiler to lower your apartment temperature.
- ❖ Open curtains and shades on your south facing windows during the day to allow sunlight to heat your home, and close them at night to keep heat in your apartment.

### Cooking:

- ❖ Use pots and pans that fit the burners to reduce the amount of heat that is lost. Keep oven and burners clean. A clean oven uses energy more efficiently.
- ❖ Use the broiler when possible. The broiler uses less energy and preheating is not required.
- ❖ Don't use the oven to help heat your home. This is very dangerous. Besides causing a fire hazard, the fumes given off by the flames over an extended period of time can make a person sick. In fact, if you're cooking for an extended period of time, it's a good idea to use the kitchen exhaust fan or open windows to vent the fumes.

### Refrigerator:

- ❖ Make sure your refrigerator door seals are airtight. Test them by closing the door over a piece of paper or a dollar bill so it is half in and half out of the refrigerator. If you can pull the paper or bill out easily, the latch may need adjustment or the seal may need replacing. Contact the building manager about this repair.
- ❖ Clean the coils located on the back of the refrigerator once a year. Most refrigerators will easily slide away from the wall for cleaning. Unplug the refrigerator before cleaning the coils. Use a vacuum cleaner or a soft brush. See the refrigerator owner's manual for further information.
- ❖ Regularly defrost manual-defrost refrigerators and freezers; frost buildup increases the amount of energy needed to keep the motor running. Don't allow frost to build up more than one-quarter of an inch.

### Lighting:

- ❖ Compact Fluorescent Lamps (CFLs) can replace standard incandescent bulbs and use 75% less energy. CFLs cost more to purchase but can save enough energy to pay for them twice over. Install CFLs in lamps that are on at least 4 hours a day. If your landlord provides lighting, encourage him or her to purchase CFLs.
- ❖ Because of their high heat output, halogen torchieres can cause burns and fires. Do not use them unless absolutely necessary. If you do use them, do not place them near curtains or other flammable materials. Consider replacing them with more energy-saving and safer compact fluorescent torchieres.

### Water:

- ❖ Notify the building manager if any of your faucets leak. One drip can waste 48 gallons of water a week.
- ❖ Run the dishwasher only when it's fully loaded.
- ❖ Most clothes can be washed in either warm or cold water. Use hot water only for very dirty clothes. Refer to the washing instructions on the clothing labels or washing machine.
- ❖ Do only full loads of laundry in the washer to save both energy and water.

### Other:

- ❖ Check the owner's manual to learn about special energy-saving features that your dishwasher may have. Air dry dishes instead of using the dishwasher's drying cycle.
- ❖ Be sure to clean the lint from the dryer's filter after every load. The efficiency of the dryer goes down when lint collects over the dryer filter.
- ❖ Disconnect unused electronic equipment and turn off the computer and monitor when not in use.
- ❖ Purchase a plastic window insulating kit to seal and insulate single paned windows.
- ❖ Look for the ENERGY STAR® when purchasing appliances, electronics, and lighting.